

# Maximising Resilience & Gentle Detoxification

**with Tabitha McIntosh**  
Naturopath & Nutritionist

Join us each month to learn the latest in Nutritional and Integrative Healthcare for the whole family.

Get the **Answers** for:

ADHD, allergies, anxiety, asthma, autism, autoimmune conditions, chronic fatigue, depression, digestive issues, infections, learning and language delay and a range of brain-immuno-gut conditions



Tabitha McIntosh

Danielle Shirley

## Creating Healthy Homes to Thrive

with **Danielle Shirley**  
Pharmacist & Herbalist (The Herbal Pharmacist)  
of **Naturally Home**

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